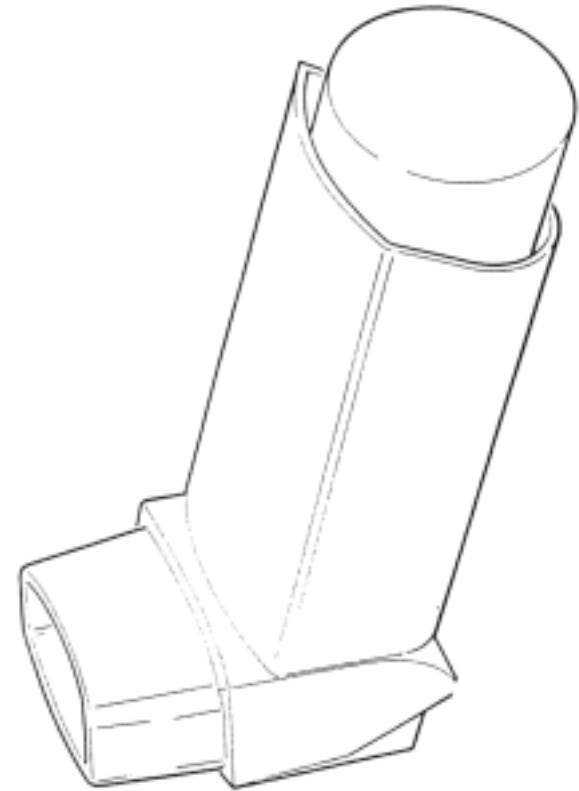


How to use a metered dose inhaler

1. Remove cap and shake inhaler
2. Breathe out gently
3. Put mouthpiece in mouth and at start of inspiration, which should be slow and deep, press canister down and continue to inhale deeply
4. Hold breath for 10 seconds, or as long as possible then breathe out slowly
5. Wait for a few seconds before repeating steps 2-4

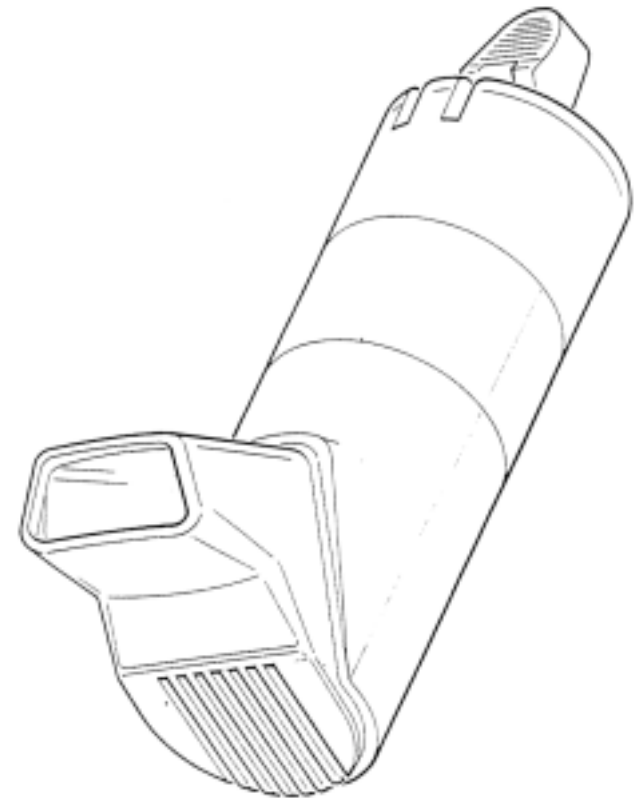


**ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE
THE METERED DOSE INHALER**

How to use the Autohaler device

1. Remove protective mouthpiece and shake inhaler
2. Hold inhaler upright and push grey lever right up
3. Breathe out gently. Keep inhaler upright and put mouthpiece in mouth and close lips round it. (The air holes must not be blocked by the hand)
4. Breathe in steadily through mouth. Don't stop breathing when inhaler 'clicks' - continue taking a really deep breath
5. Hold breath for about ten seconds. Breathe out gently
6. Wait several seconds before taking another inhalation

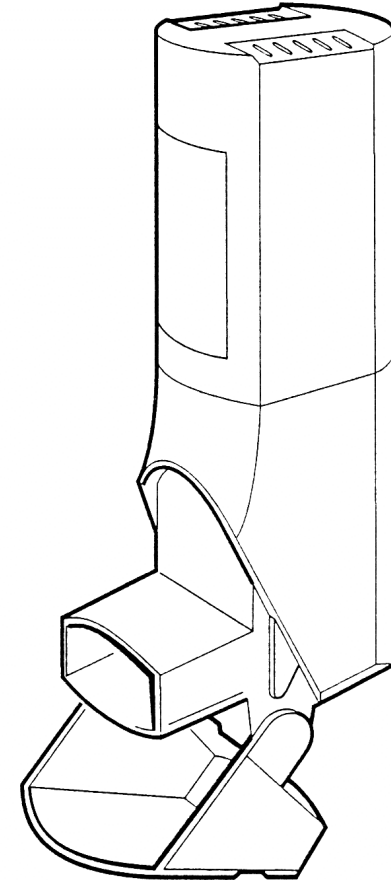
N.B. The lever must be pushed up ('on') before each dose, and pushed down again ('off') afterwards, otherwise it will not operate



ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE AUTOHALER

How to use the Easi-breathe

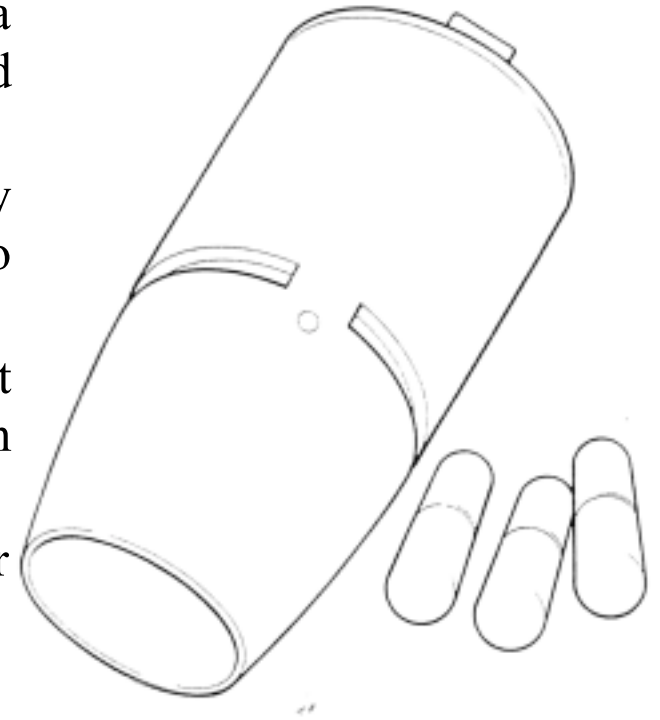
1. Shake inhaler
2. Hold inhaler upright. Open the cap
3. Breathe out gently. Keep inhaler upright, put mouthpiece in mouth and close lips and teeth around it (the air holes on the top must not be blocked by the hand)
4. Breathe in steadily through mouthpiece. Don't stop breathing when the inhaler 'puffs' and continue taking a really deep breath
5. Hold breath for about ten seconds
6. After use, hold inhaler upright and immediately close cap
7. For a second dose, wait a few seconds before repeating sections 1-6



ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE EASI-BREATHE

How to use the Rotahaler

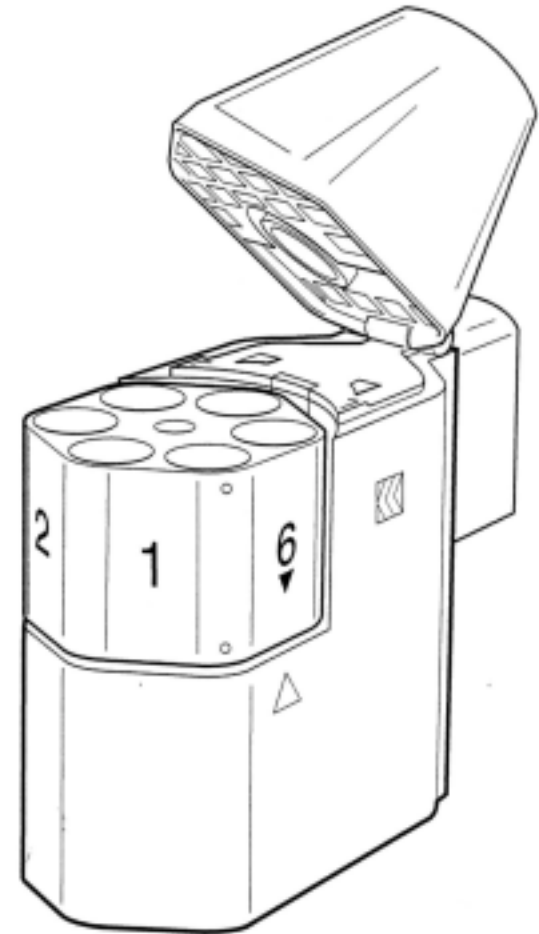
1. Hold rotahaler vertically and put capsule (clear end first) into 'square' hole. Make sure top of rotacap is level with top of hole. (If there is a rotacap already in the device this will be pushed into shell)
2. Hold rotahaler horizontally, twist barrel sharply forwards and backwards. This splits capsule into two
3. Breathe out gently. Keep rotahaler level and put mouthpiece between lips and teeth and breathe in the powder quickly and deeply
4. Remove rotahaler from mouth and hold breath for about 10 seconds
5. If any powder is left repeat steps 3 and 4
6. Open the Rotahaler and discard the empty capsule.



ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE ROTAHALER

How to load the Aerohaler

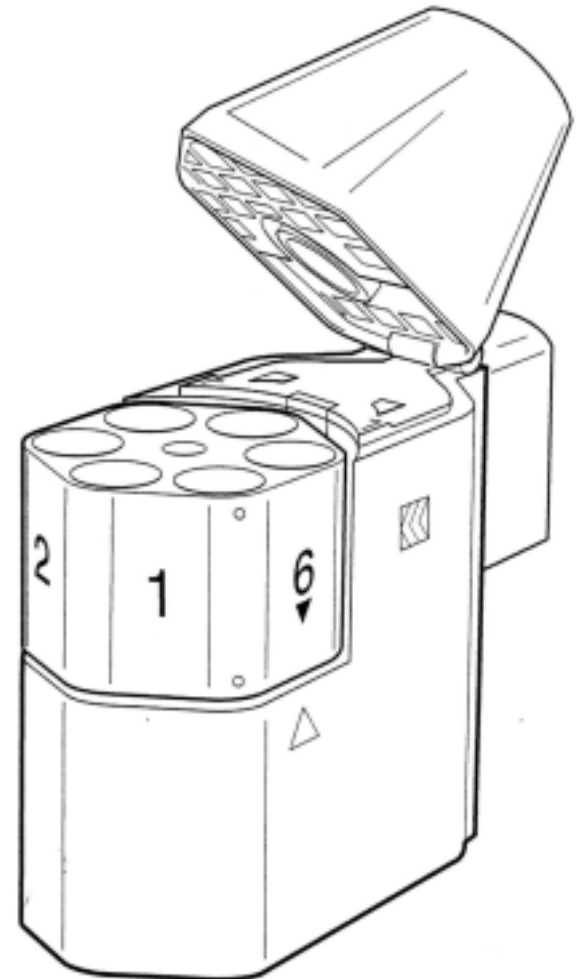
1. Open mouthpiece by lifting it up
2. Lift the magazine up slightly and turn it round in a clockwise direction until the mark ∇^6 lines up with the \triangle on the base. Push the magazine down again
3. Load the capsules (either way up) into the magazine. Push down the mouthpiece until it clicks



ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE AEROHALER

How to use the Aerohaler

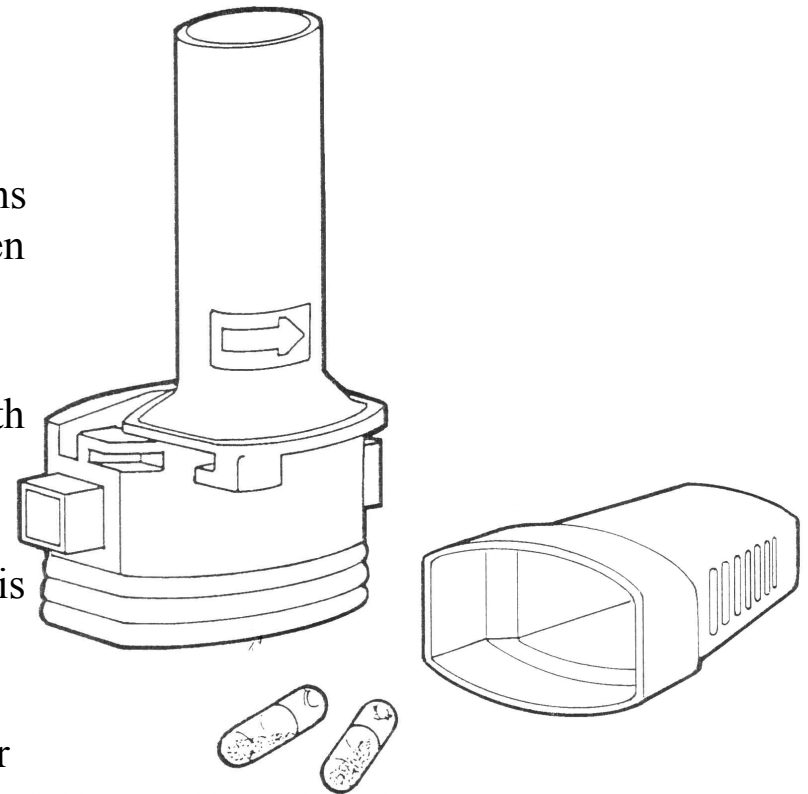
1. Hold inhaler upright. Push white button on side of inhaler until it clicks then release it immediately. This pierces the capsule
2. Breathe out fully, put the mouthpiece in mouth and breathe in as deeply as possible
3. Remove aerohaler from mouth and hold breath for about ten seconds. Breathe out slowly through nose
4. Turn magazine until the next lowest number appears above mark on base. The next dose is then ready



ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE AEROHALER

How to use the Aerolizer

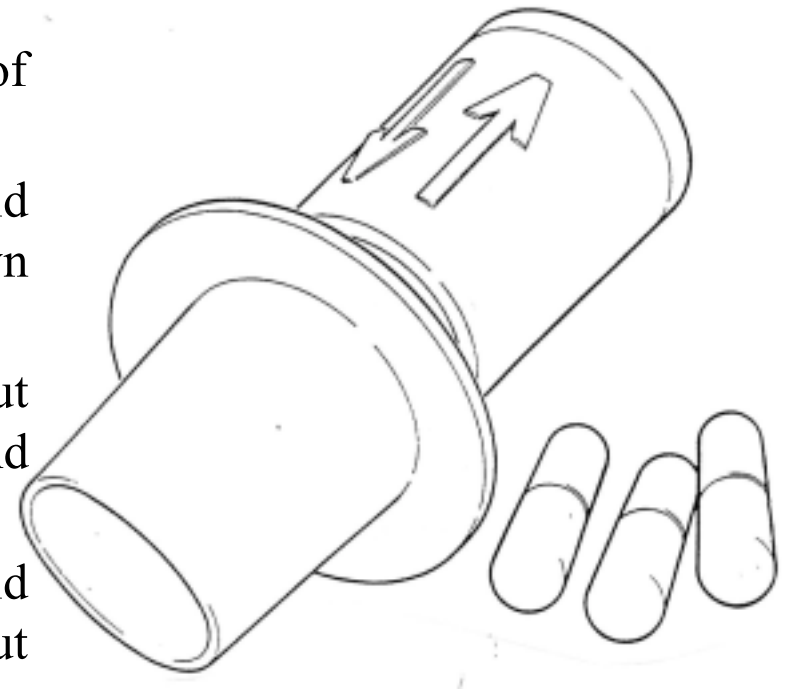
1. Remove the cap
2. Hold inhaler at base and turn mouthpiece in direction of arrow
3. Place capsule in compartment in base of inhaler
4. Twist mouthpiece to closed position
5. Hold inhaler upright, squeezing two blue buttons inwards on base of inhaler to pierce the capsule, then release
6. Breathe out fully
7. Insert mouthpiece into mouth, sealing lips and teeth around mouthpiece
8. Inhale quickly and deeply
9. Hold breath for count of ten, or as long as is comfortable
10. Breathe out gently
11. Discard capsule from compartment in base of inhaler
12. Replace cap



ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE AEROLIZER

How to use the Spinhaler

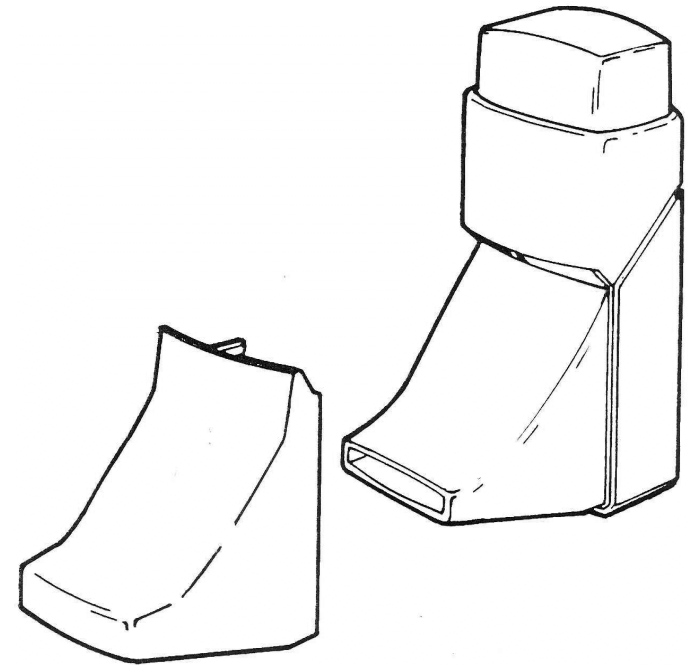
1. Hold spinhaler upright with mouthpiece downwards, and unscrew body
2. Put **coloured** end of spincap **into cup** of propeller, making sure it spins freely
3. Screw the two parts together and hold horizontal. Move grey sleeve up and down once or twice, this will pierce capsule
4. Breathe out gently, tilt head back, put spinhaler into mouth so lips touch flange and breathe in quickly and deeply
5. Remove spinhaler from mouth and hold breath for about 10 seconds, then breathe out slowly
6. If any powder is left in spincap, repeat steps 4 and 5 until it is empty



ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE SPINHALER

How to use the Clickhaler

1. Hold clickhaler upright
2. Remove mouthpiece from inhaler
3. Shake inhaler
4. Continue to hold clickhaler upright with your thumb on base and a finger on coloured push button
5. Press dosing button down firmly - (once only, then release)
6. Breathe out gently and put mouthpiece between lips and teeth sealing lips around mouthpiece (do not breathe out into clickhaler)
7. Breathe in steadily and deeply. Remove clickhaler from mouth and hold breath for about 5-10 seconds. Breathe out slowly
8. For a second dose, keep clickhaler upright and repeat steps 3-7
9. Replace mouthpiece cover after use
10. There is a dose counter at the back of inhaler. After 190 actuations a red warning appears in the counter window which shows there are 10 actuations left. When no actuations are left the inhaler locks and can no longer be used and should be discarded



ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE CLICKHALER

How to use the Accuhaler*

1. Hold the outer casing of the accuhaler in one hand whilst pushing the thumb grip away until a click is heard
2. Hold Accuhaler with mouthpiece towards you, slide lever away until it clicks. This makes the dose available for inhalation and moves the dose counter on
3. Holding Accuhaler level, breathe out gently away from the device, put mouthpiece in mouth and suck in steadily and deeply
4. Remove Accuhaler from mouth and hold breath for about 10 seconds
5. To close, slide thumb grip back towards you as far as it will go until it clicks
6. For a second dose repeat sections 1-5

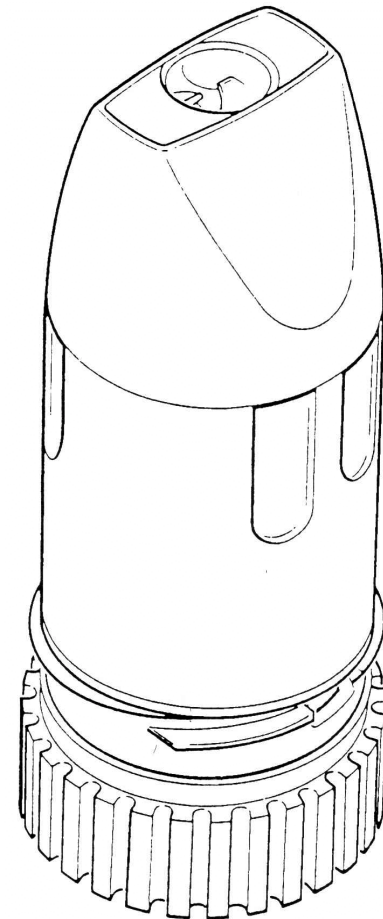


ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE ACCUHALER

* The Accuhaler is also named Diskus in many countries

How to use the Turbohaler

1. Unscrew and lift off white cover. Hold turbohaler upright and twist grip forwards and backwards as far as it will go. You should hear a click
2. Breathe out gently, put mouthpiece between lips and breathe in as deeply as possible. Even when a full dose is taken there may be no taste
3. Remove the turbohaler from mouth and hold breath for about 10 seconds. Replace the white cover

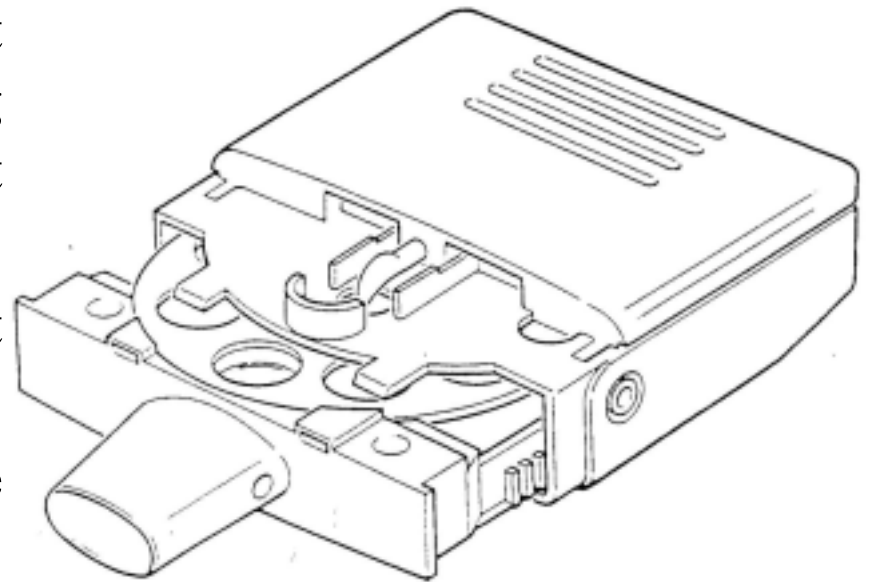


ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE TURBOHALER

How to use the Diskhaler

To load:

1. Remove mouthpiece cover. Then remove white tray by pulling it out gently and then squeezing white ridges either side until it slides out
2. Put foil disk - numbers uppermost - on wheel and slide tray back
3. Holding corners of the tray, slide tray in and out to rotate disk until the highest number 8 or 4 shows in window

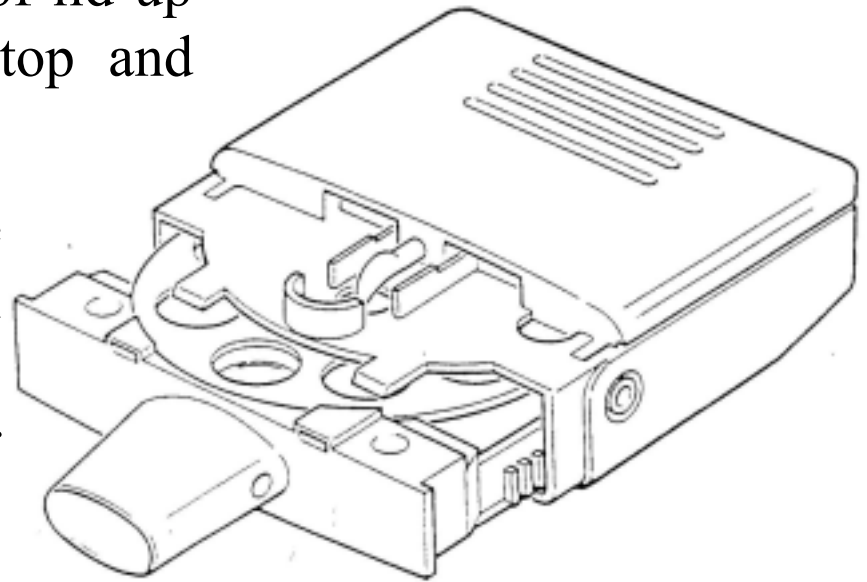


ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE DISKHALER

How to use the Diskhaler

To use:

1. Keeping diskhaler level, lift rear of lid up as far as it will go, to pierce top and bottom of blister
2. Holding Diskhaler level, breathe out gently, put mouthpiece in mouth and breathe in as deeply as possible. (Do not cover small air holes on either side of mouthpiece)
3. Remove Diskhaler from mouth and hold breath for about 10 seconds. Slide tray in and out to ready for next dose

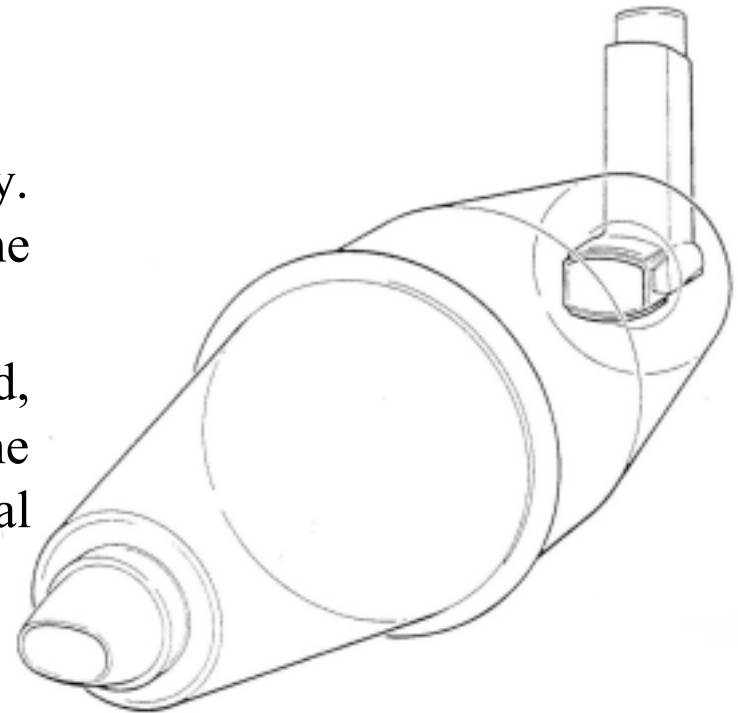


ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE DISKHALER

How to use a spacer device e.g. Volumatic

Multiple breath technique

1. Remove cap, shake inhaler and insert into device
2. Place mouthpiece in mouth
3. Start breathing in and out slowly and gently. (This will make a 'clicking' sound as the valve opens and closes)
4. Once breathing pattern is well established, depress canister and leave device in same position as you continue to breathe (tidal breathing) several more times
5. Remove device from mouth
6. Wait about 30 seconds before repeating sections 1-5

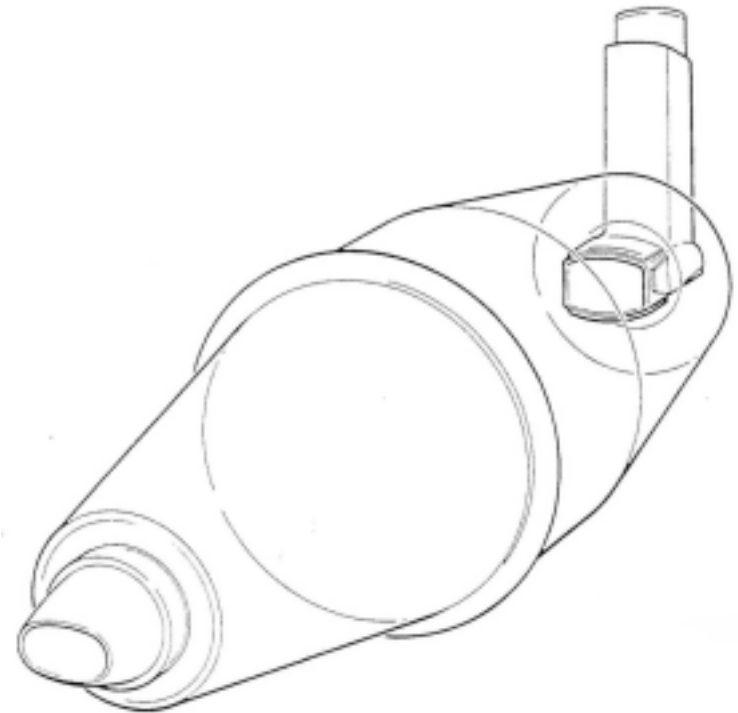


ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE SPACER DEVICE

How to use a spacer device e.g. Volumatic

Single breath technique

1. Remove cap, shake inhaler and insert into device
2. Place mouthpiece in mouth
3. Press canister once to release a dose of drug
4. Take a deep, slow breath in
5. Hold breath for about 10 seconds, then breathe out through the mouthpiece
6. Breathe in again but do not press the canister
7. Remove device from mouth
8. Wait about 30 seconds before repeating steps 2-7

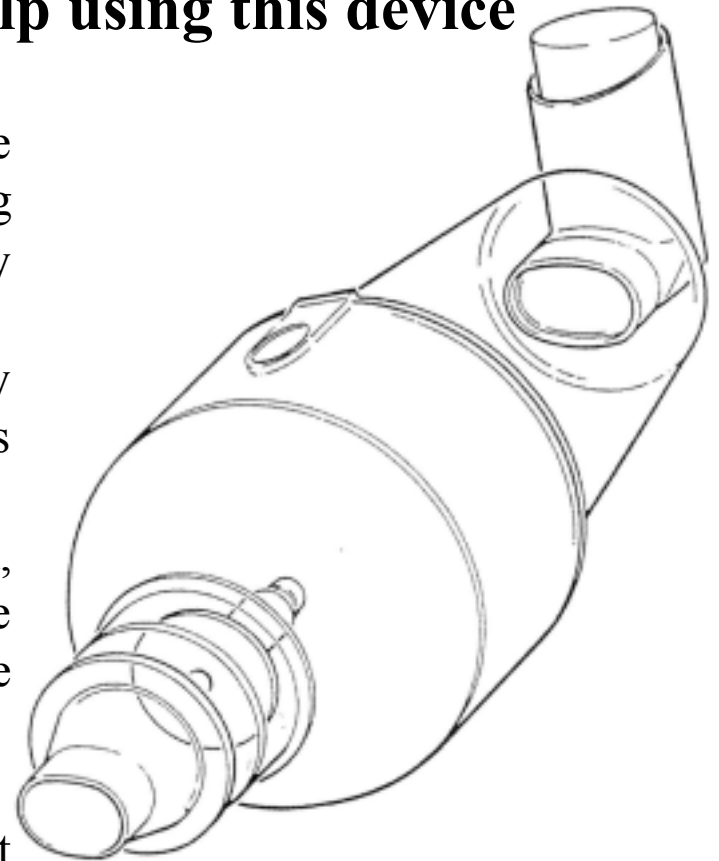


ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE SPACER DEVICE

How to use a spacer device e.g. Nebuhaler

Method for patients who need help using this device

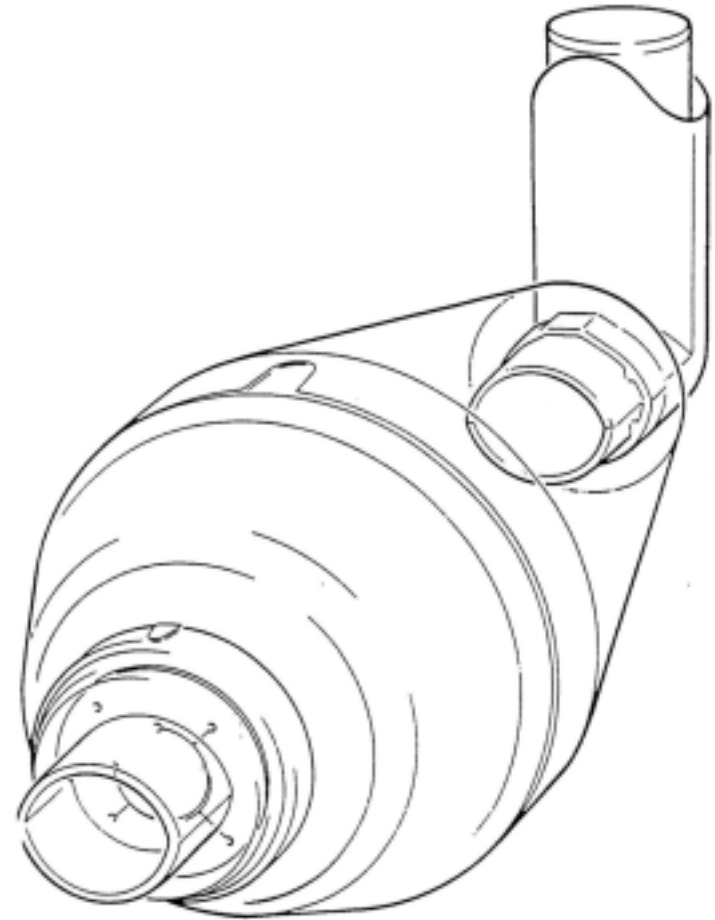
1. Remove cap, shake inhaler and insert into device
2. Place mouthpiece in person's mouth, (if using the nebulizer be careful person's lips are **behind** ring)
3. Seal person's lips around the mouthpiece by gently placing fingers of one hand round lips
4. Encourage person to breathe in and out slowly and gently. (This will make a 'clicking' sound as valve opens and closes)
5. Once breathing pattern is well established, depress canister with free hand and leave device in same position as person continues to breathe (tidal breathing) several more times
6. Remove device from person's mouth
7. For a second dose wait 30 seconds and repeat sections 1-6



ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE SPACER DEVICE

How to use the Fisonair

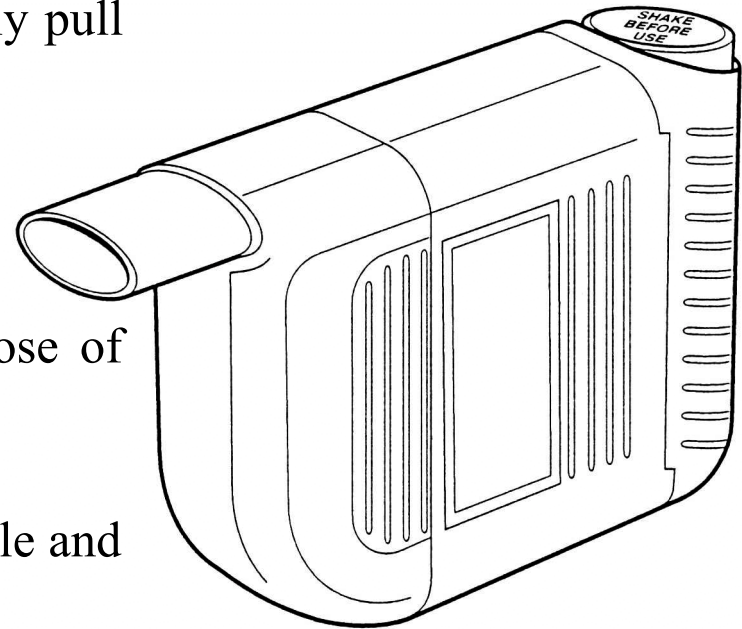
1. Line up notches on the two halves of the fisonair and push together firmly
2. Remove the cap from inhaler, shake and insert into device
3. Breathe out gently (but not fully)
4. Place mouthpiece in mouth
5. Holding device level, press canister once to release a dose of drug
6. Breathe in slowly and deeply
7. Remove device from mouth
8. Hold breath for ten seconds, or as long as is comfortable
9. If a second dose is required wait about one minute before repeating stages 2-8



ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE SPACER DEVICE

How to use the Integra

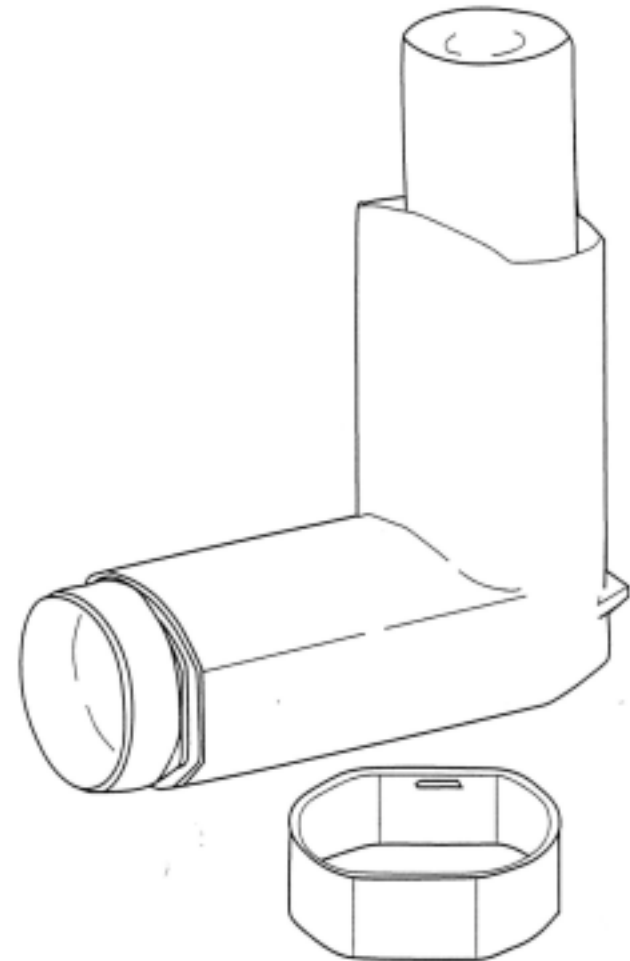
1. Remove pink cap
2. Hold front and rear of device and gently pull two halves apart until they stop
3. Shake well, then hold spacer level
4. Breathe out gently and fully
5. Place mouthpiece in mouth
6. Press pink button once to release a dose of drug
7. Take a deep, slow breath in
8. Hold breath for as long as is comfortable and remove spacer from mouth
9. Wait a few seconds before a second dose, if required, is taken, then repeat sections 3-8
10. Gently push together both halves of spacer until it is closed. Then replace pink cap



ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE INTEGRA

How to use the Spacehaler

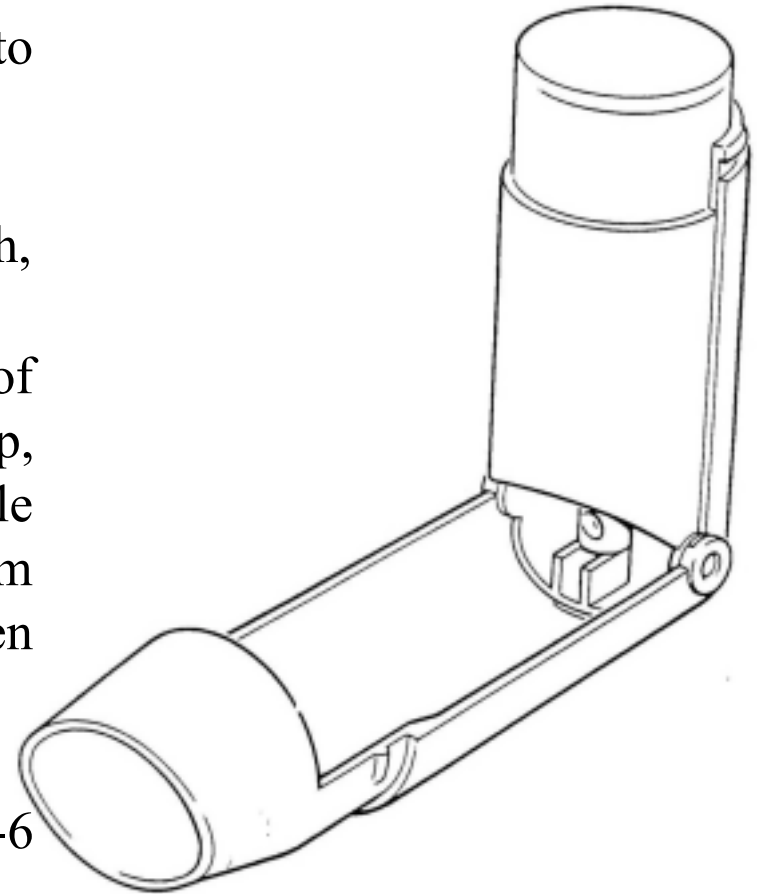
1. Remove cap
2. Shake inhaler
3. Breathe out gently
4. Put mouthpiece in mouth and at the start of inspiration, which should be slow and deep, press canister down and continue to inhale deeply
5. Hold breath for 10 seconds or as long as is comfortable
6. Wait a few seconds before repeating steps 2-5



ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE SPACEHALER

How to use the Synchroner inhaler

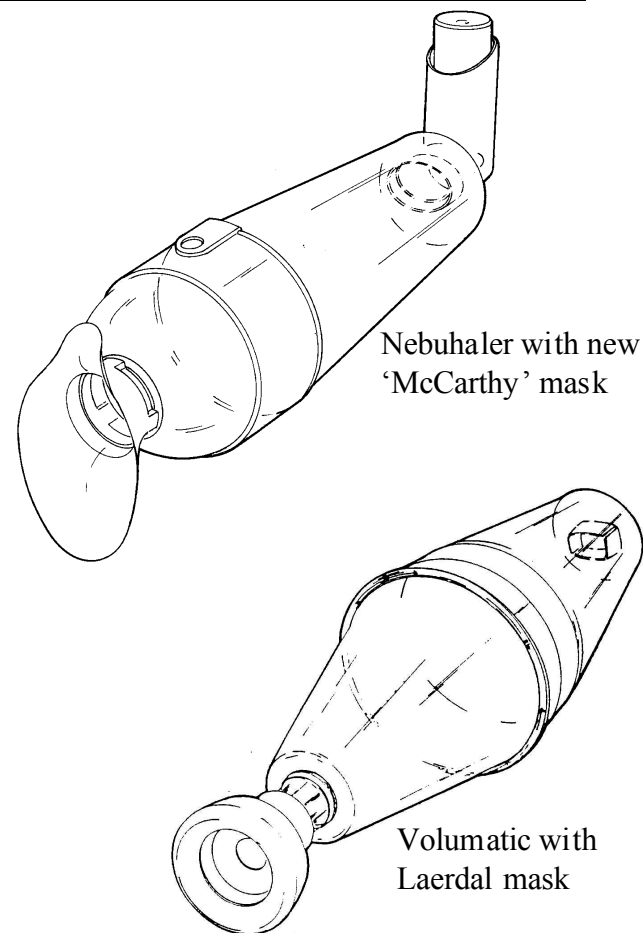
1. Remove mouthpiece cap
2. Lift canister holder until it clicks into position
3. Shake inhaler well (at least 5 times)
4. Holding inhaler well away from mouth, breathe out gently but not fully
5. Put mouthpiece in mouth and at the start of inspiration, which should be slow and deep, press canister down and continue to inhale deeply. (If no spray is seen to escape from synchroner then the dose has been taken correctly)
6. Hold the breath for about 10 seconds
7. Wait one minute, then repeat steps 3-6 before taking another inhalation



ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE SYCRONER

How to use a large volume spacer and facemask

1. Remove mouthpiece cover from inhaler
2. Attach facemask to spacer mouthpiece. The laerdal mask attaches to the Volumatic and the new 'McCarthy' mask to the Nebuliser
3. Shake inhaler and insert into the spacer device
4. Tip spacer to an angle of 45° or more to enable the valve to remain open
5. Apply mask to persons face covering nose and mouth with as tight a seal as possible
6. Press the inhaler canister once to release a dose of the medication, keeping the mask on persons face to allow 5 or 6 breaths
7. Wait for about 30 seconds before repeating steps 3-6
8. When using this method to administer inhaled steroids, remember to wash the persons face after each treatment

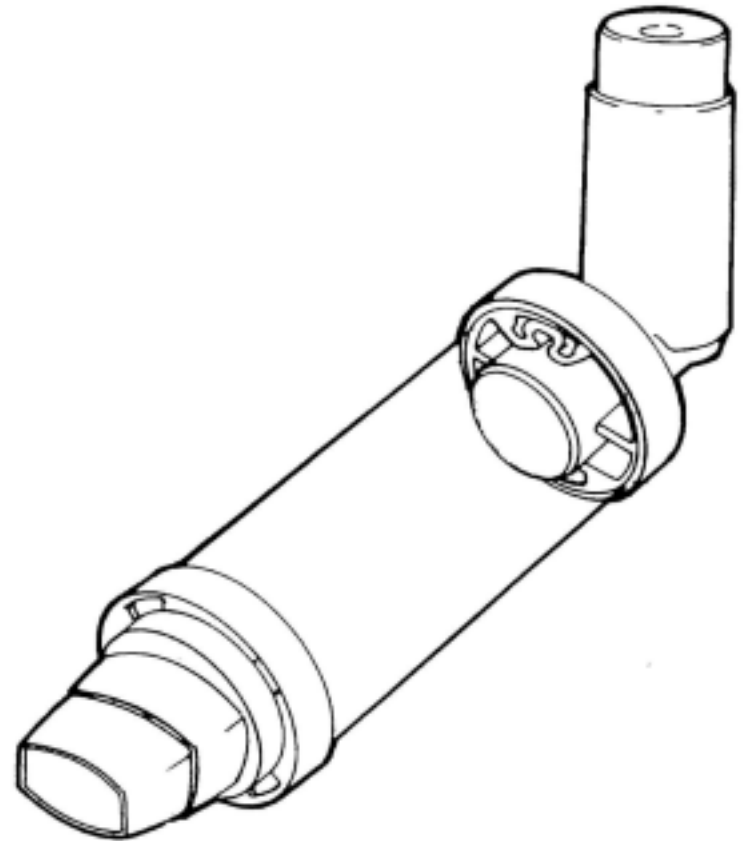


ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE LARGE VOLUME SPACER AND FACEMASK

How to use the Aerochamber

Method for patient who can use the device without help

1. Remove cap
2. Shake inhaler and insert in back of Aerochamber
3. Place mouthpiece in mouth (or mask over mouth and nose)
4. Press the canister once to release a dose of the drug
5. Take a deep, slow breath in. (If you hear a whistling sound, you are breathing in too quickly)
6. Hold breath for about ten seconds, then breathe out through the mouthpiece
7. Breathe in again but do not press canister
8. Remove mouthpiece from mouth and breathe out
9. Wait a few seconds before a second dose is taken, and repeat steps 2-8



ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE SPACER DEVICE

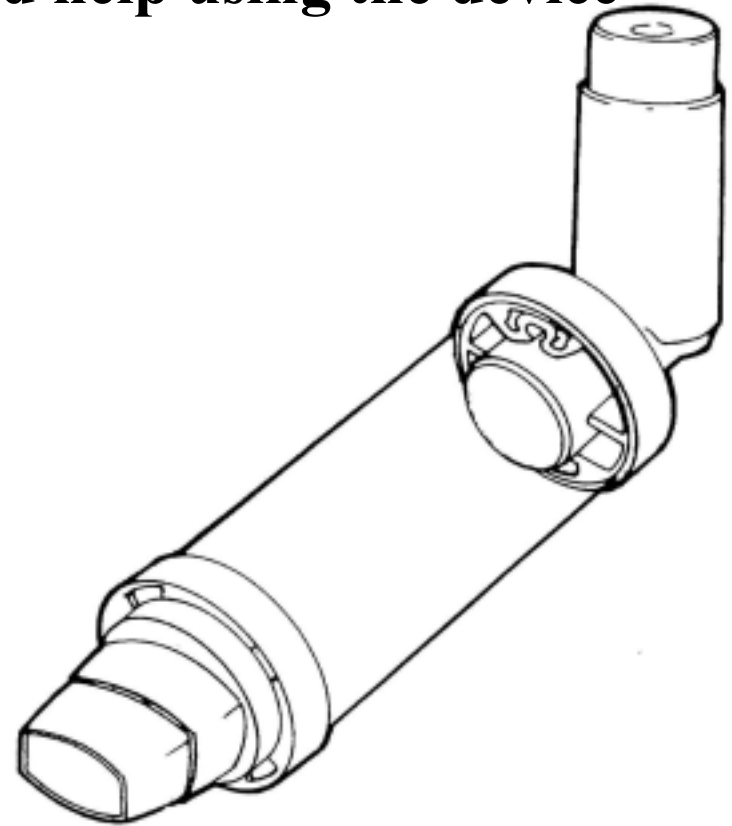
How to use the Aerochamber

Method for patients who need help using the device

1. Remove cap
2. Shake inhaler and insert in back of Aerochamber
3. Place mouthpiece in mouth (or mask over mouth and nose)
4. Encourage person to breathe in and out slowly and gently. (If you hear a whistling sound the person is breathing in too quickly*)
5. Once breathing pattern is well established, depress canister with free hand and leave canister in same position as person continues to breathe in and out slowly (tidal breathing) five more times
6. Remove the Aerochamber from person's mouth
7. For a second dose wait a few seconds and repeat steps 2-6

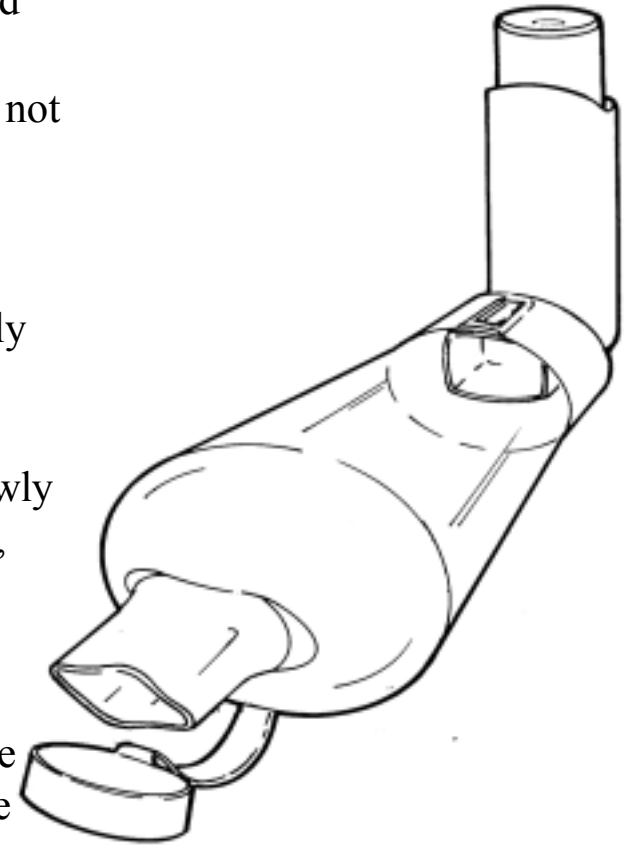
* NB: The child Aerochamber device with mask and infant Aerochamber device with mask do not whistle

ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE SPACER DEVICE



How to use the Able spacer

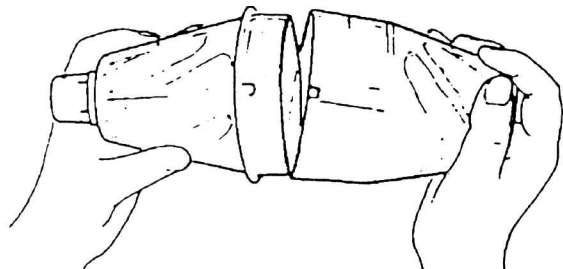
1. Remove the mouthpiece cap from both the Able spacer and the metered dose inhaler
2. Place the MDI into the end of the Able spacer which does not have the cap attached
3. Make sure that you push it in fully
4. Shake the spacer and MDI together 2 or 3 times
5. Place the mouthpiece in your mouth, closing the lips tightly around the mouthpiece
6. Breathe out normally and then press down firmly on the canister, releasing one dose of medication. Breathe in slowly and deeply. If the 'coaching' device on the spacer sounds, you are breathing in too fast
7. Remove the spacer from your mouth while continuing to hold your breath for 5-10 seconds. Breathe out normally
8. After use, remove the MDI from the spacer and replace the cap on the MDI as well as the cap on the Able spacer. The MDI can be stored inside the Able spacer
9. If you need another dose of medicine repeat steps 4-7



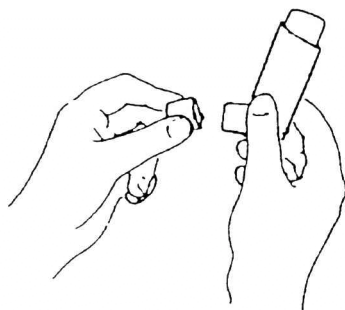
ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE SPACER DEVICE

Emergency treatment via spacer device

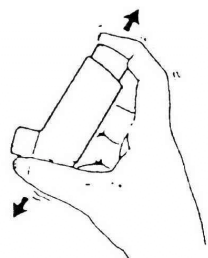
1. Put two parts of spacer together



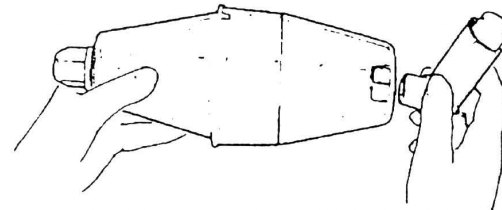
2. Remove
cap of
inhaler



3. Shake inhaler



4. Insert inhaler into flat end of device



5. Place mouthpiece in patient's mouth and press inhaler canister to release a dose of reliever medication. Tell the patient to breathe in and out. Repeat with device in mouth, allowing 4-5 breaths between actuations



6. Shake inhaler between every two actuations

7. Remove device from mouth when patient has recovered

SEEK HELP IF CONDITION IS NOT RELIEVED WITHIN 5 MINUTES

WHILE HELP IS BEING SOUGHT REPEAT STAGES 5-6

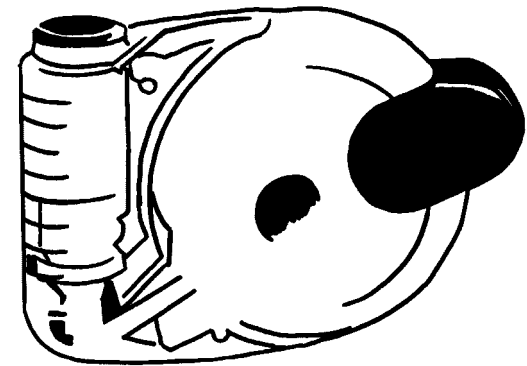
© NARTC

How to use the JET inhaler

Instructions for use

For use, attentively follow the instructions below

1. Actuator-spacer in closed position;
2. Remove the protecting cap of the actuator-spacer and hold it as shown in figure;
3. Vigorously shake the canister without pressing;
4. Deeply breathe out, then put the mouthpiece firmly between the lips;
5. Press the canister with the index index finger and deeply inhale for a few seconds (it is even possible to perform more breathings through the actuator-spacer)
6. Once inhaled, hold breath as long as possible and close the device again with its protecting cap;
7. The actuator-spacer has to be always kept clean; its cleaning should be carried out with lukewarm water after canister removal.



How to use the Novolizer inhaler

Place the powder inhaler in front of you.

Press together the ribbed surfaces on both sides of the lid lightly, move the lid forwards and lift off .

Remove the protective film from the cartridge box and take out the new cartridge. This should only be done just before using the cartridge.

Finish by inserting the lid back into the side guides from above and push down flat towards the button until it snaps into place. The NOVOLIZER® is now filled and ready for use. You can leave the cartridge in the powder inhaler until it is empty, but not longer than 3 months once it has been opened.

When using the NOVOLIZER® always keep it horizontal.

First remove the cap by lightly pressing together at the sides and sliding forwards in the direction of the arrow to remove.

Push down hard on the red button until it reaches the stop.

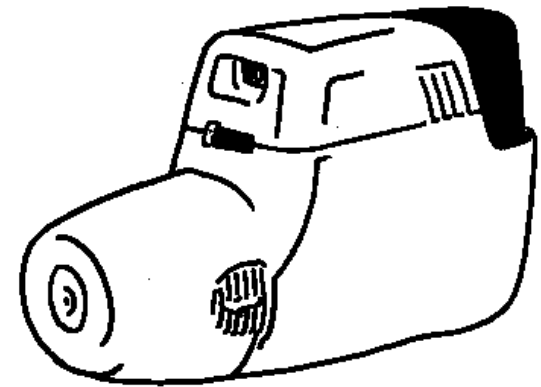
You will hear a loud click and the colour of the control window will change from red to green. Now release the red button. The colour green in the window indicates that the NOVOLIZER® is ready for use.

Breathe out deeply, but NOT into the powder inhaler.

Put your lips around the mouthpiece. Inhale the powder with a deep breath. During this breath you should hear a loud click, indicating that you have achieved adequate force for a correct inhalation. Please continue inhaling as forcefully and deeply as possible. Then hold your breath for a few seconds.

Exhale thereafter slowly through the nose.

You should clean your NOVOLIZER® powder inhaler regularly, at least whenever you change the cartridge.



How to use the Pulvinal Inhaler

Instructions for use/handling Attentively read the following instructions for a correct use. If necessary, turn to your physician to get more detailed explanations. Clenil® Pulvinal® is an inhalation powder having as its active constituent beclometasone dipropionate micronised and mixed with a "carrier" and contained in a multidose dry powder inhaler. The delivery system needs no propellants and requires no coordination between actuation and inhalation. The dry powder inhaler must be kept in a dry place at room temperature. Do not remove the protecting cap until the moment of use.

1. **Opening:** Unscrew the protecting cap. Check that mouthpiece is clean before use. If necessary, wipe the mouthpiece with a fiber-free paper tissue or soft cloth. Before twisting the inhaler, hold it upright and tap it gently against a hard surface, to level the powder in the metering chamber.

2. **Loading:** Holding the inhaler upright, press the button on the mouthpiece with one hand and rotate the inhaler body anti-clockwise with the other hand (by a complete half turn), until it clicks, and the hole in the mouthpiece exactly fits the red mark (dose-loading position). While still holding the inhaler upright, rotate the inhaler body clockwise (another half a turn) until it clicks again, and the hole exactly fits the green mark (dose-delivery position).

3. **Administration:** Breathe out deeply, not through the inhaler as far as is comfortable. Put the mouthpiece between your lips while holding the inhaler upright and breathe in through your mouth as quickly and as deeply as possible. Hold breath for a few seconds.

4. **Closure:** Remove the inhaler from your mouth. Replace the protective cap again.

